

This invention is a method for recording digital data in accordance with the recording format to a recording medium, in which the type of a loaded recording medium is identified, and on the basis of the result of the identification, a data format is selected for embedding sub data into data to be recorded onto the loaded recording medium so that the data is readable as optical changes. Then, whether the recording area in which recording is to be carried out is a recording area in which the sub data should be embedded or not is discriminated, and if the result of the discrimination indicates that the area in which recording is to be carried out is a recording area in which the sub data should be recorded, the sub data is embedded and recorded into the data to be recorded in a predetermined recording area on the recording medium on the basis of the selected data format.